

# Cancer Control in Indiana

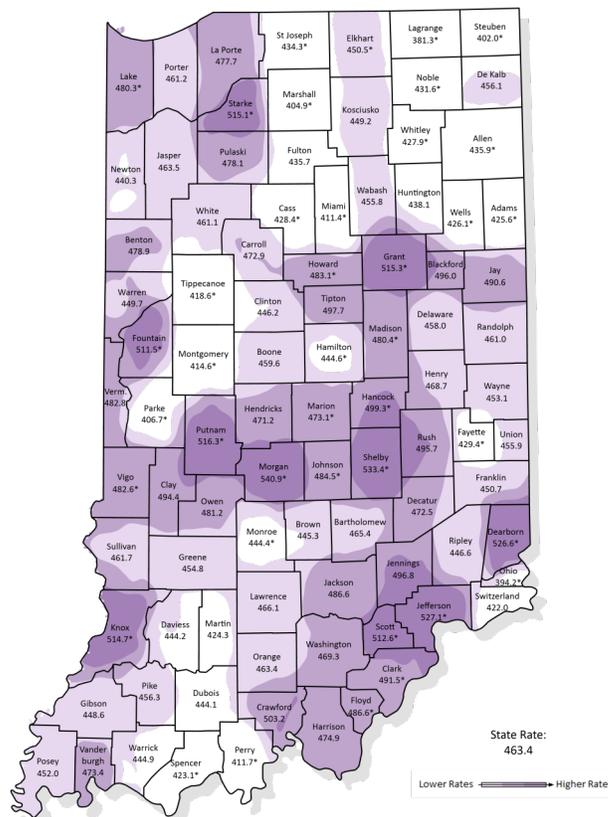


## Comprehensive Cancer Control

2021

Comprehensive cancer control, as defined by the Centers for Disease Control and Prevention, is “a collaborative process through which a community pools resources to reduce the burden of cancer that results in risk reduction, early detection, better treatment, and enhanced survivorship.”

Map 1. Incidence Rates for All Cancers Combined by County – Indiana, 2013-2017



\*Significantly different (higher or lower) than the state rate (P<.05)  
 Technical Note: This map presents age-adjusted county incidence rates using a smoothed interpolated surface and is intended to provide a generalized depiction of rate variability throughout the state.

Source: Indiana State Cancer Registry

## Indiana Cancer at a Glance

Estimated New Cases\* in 2021

**39,010**

Estimated Cancer Deaths\* in 2021

**13,460**

Overall Incidence Rate 2013-2017

**463.4**

Overall Mortality Rate 2013-2017

**153.8**

Rate per 100,000 age-adjusted to the 2000 US Standard Population

Data Source:

Indiana State Cancer Registry

\*American Cancer Society Cancer Statistics Center

## Risk Factors

The most common risk factors for cancer for individuals in Indiana include lack of exercise, poor diet and being overweight. Current smokers are at a higher risk of cancer as well as those without health care coverage and access to care.

## Can cancer be prevented?

Many cancers can be prevented by modifying external risk factors and making lifestyle changes, such as eliminating tobacco use, improving dietary habits, increasing physical activity, maintaining a healthy weight, taking advantage of cancer preventative vaccinations and avoiding excessive sun.

# What is the Comprehensive Cancer Control Program in Indiana?

Comprehensive cancer control relies on active involvement by concerned citizens and key stakeholders and provides a framework for assessing and addressing the cancer burden through:

- Enhancing infrastructure and resources for planning and implementation
- Mobilizing statewide support
- Using data and research to assess the cancer burden
- Developing broad partnerships of public and private stakeholders
- Developing a plan to address the cancer burden
- Evaluating outcomes and the collaborative process

**The Indiana Department of Health and Indiana Comprehensive Cancer Control Program leads cancer control efforts in Indiana** along with the Indiana Cancer Consortium.

The Indiana Cancer Consortium is a statewide network of public and private partnerships whose mission is to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.

## Get Involved

### Join the Indiana Cancer Consortium

The ICC is a statewide network of over 100 agencies including the Indiana Department of Health. The ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through survivorship.

**Become a member!**  
[indianacancer.org](http://indianacancer.org)

## Take Charge!

- Maintain a healthy body weight.
- Engage in physical activity.
- Eat a healthy diet, including fresh fruits and vegetables.
- Be smoke-free. Visit [www.in.gov/quitline](http://www.in.gov/quitline) for free smoking cessation assistance.
- Find and engage with a primary health care provider and regularly talk about cancer screening options and risk reduction.
- Seek treatment early and avoid delaying care, if diagnosed with cancer.

## Resources

For cancer toolkits with resources and information, visit <http://indianacancer.org>.

To learn more about how to decrease the cancer burden in Indiana, refer to the Indiana Cancer Control Plan at [www.indianacancer.org](http://www.indianacancer.org).

Visit [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) or call 1-800-QUITNOW for help quitting smoking.

To learn more about how to support healthy eating and physical activity throughout Indiana, visit the Indiana healthy weight Initiative at [www.inhealthyweight.org](http://www.inhealthyweight.org).

